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SENIOR SERVICES ↔

CONGREGATE NUTRITION SITE

MONTH: November 2017

SENIOR SERVICES ↔		CONGREGATE NUTRITION		MONTH: November 2017	
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Corn Chowder	2 Tomato Soup Choice of Entrée:	3 Minestrone Soup	
Give Thanks:		Homemade Salisbury Steak	Pork Chop Au Jus or Breaded	Stuffed Bell Pepper	
		Whole Grain Bread	Fish Pasta	Whole Grain Dinner Roll	
		Egg Noodles	Banana Squash	Mashed Potatoes	
		Green Beans	Cucumber & Onion Salad w/ Vinaigrette	Carrots	
		Coleslaw	Cantaloupe	Banana	
		Pineapple Chunks			
6	7 Beef Barley Soup Choice of Entrée:	8 Cabbage Soup	9 Cream of Mushroom Soup	10 Veteran's Day	
Creamy Tuna Pasta	Pork or Chicken w/ Mushroom	Meatloaf	BBQ Chicken	Closed	
Whole Grain Roll	Sauce Whole Grain Roll	Whole Grain Bread	Biscuit		
Rotini Pasta	Sautéed Spinach & Kale	Mashed Potatoes	California Blend Vegetables	Veteran's Day	
Broccoli	Carrot Raisin Salad	Green Beans	Orange		
Tossed Salad w/ Tomato	Grapes or Peaches	Ambrosia Salad	Vanilla & Chocolate Swirl Pudding		
Watermelon					
13 Asian Vegetable Soup	14 Orange Juice	15 Turkey Rice Soup	16	17 Thanksgiving Luncheon	
Teriyaki Chicken Breast	Beef Stew w/ Potatoes	Oven Fish	Meat Lasagna	Apple Juice	
Brown Rice	Biscuit	Whole Grain Bread	French Bread	Roast Turkey w/ Gravy	
Oriental Vegetables	Tossed Salad w/ Balsamic Dressing	Southern Greens	Zucchini Medley	Dinner Roll	
Mixed Green Salad w/ Ranch	Chocolate Ice Cream	Baked Sweet Potatoes	Romaine Caesar Salad w/ Caesar	Cornbread	
Dressing Cantaloupe		Peaches	Dressing Pineapple Chunks	Stuffing / Mashed Potatoes	
-				Peas & Carrots & Pumpkin Pie	
20 Tuscan Soup w/ Kale	21 Mushroom Barley Soup	22	23 Closed	24 Closed	
Stuffed Baked Potato Turkey Chili	Chili Rubbed Fish	BBQ Hamburger	Happy		
Whole Grain Roll	Whole Grain Dinner Roll	Whole Grain Bun			
Broccoli	Rice Pilaf	Macaroni Salad	7		
Baked Potato	Zucchini & Tomato w/ Lemon	Mexicali Corn	Machile	KSGIONION AND AND	
Hot Baked Apple	Spinach & Romaine Salad w/ Ranch Dressing	Chopped Salad w/ French Dressing		Marca 2	
	Tropical Fruit	Mandarin Orange w/ Jicama			
27 Mexican Vegetable Soup	28 Orange Juice Choice of Entrée:	29 Cream of Broccoli Soup	30		
Chicken Enchilada Verde Casserole	Turkey Vegetable Stew or	Herb Rubbed Roast Pork	Spaghetti w/ Meatballs		
Cauliflower	Lentil Stew Biscuit	Brown & Wild Rice	Dinner Roll		
Spinach & Romaine Salad w/ Ranch Dressing	Celery, Onion, Potatoes & Carrots	Zucchini & Tomatoes	Cauliflower & Broccoli	* I hankful	
Peaches	Chopped Salad w/ Ranch Dressing	Cantaloupe	Caesar Salad w/ Croutons		
	Baked Maple Pears	Cake	Banana	Seed of	
*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.					
This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.					